

NewsWIC

Fond du Lac County Health Department

Spring 2010

Water Facts

Many people purchase bottled water, feeling it is safer, tastes better, purer or that it comes from “natural springs”. Before you purchase the next case of bottled water, here are a few things you should know:



Is bottled water safer than tap water? Not really. An estimated 25 percent or more of bottled water is really just tap water in a bottle.

How can I determine if bottled water is just tap water? Check the label or cap; if it says “from a municipal source” or “from a community system”, this means it’s tap water. You can also call the company to see where it was packaged.

Can drinking water bottles affect the environment? Transporting of water bottles releases global warming pollution into the atmosphere. Most bottles end up in landfills. Even though the bottles are recyclable, only about 13 percent get recycled.

If it’s just water, why does it cost so much? Most of the cost of bottled water is the cap and the label. On average, bottled water costs \$1.00-\$4.00 per gallon. Tap water costs \$0.03 per gallon.

Can I get fluoride in bottled water? Most bottled water does not contain enough fluoride to prevent tooth decay. Check your labels.

Fun Facts:

- It costs more money to drink bottled water than to put gas in your car—up to 5X more—due mainly to its packaging and transportation.
(Earth Policy Institute)
- Bottled water companies do not have to release their water-testing results to the public, whereas municipalities do.
(Natural Resources Defense Council)



Who Needs Gatorade?

Gatorade is intended for physical athletes. As athletes sweat, they lose more than just water, they also lose elements in the body like sugar, salt and potassium. Gatorade is made up of water, sugar, citric acid, fish oil, salt and potassium. Although Gatorade has less sugar than most sodas, a 12 – oz. serving still has 3 teaspoons of sugar.

The best way to re-hydrate is with water. Gatorade is intended to supplement water, not replace it.





Facts About Soda and Sugar

Did you know:

*one out of every four beverages consumed in America is a soft drink?

*a “normal” serving size of soda has increased in size over the years? In the 1950’s, the average size was 6.5 oz. and now it’s 20 oz.!

*soda consumption can cause tooth decay?

*soda provides empty calories (no nutritional value), causes weight gain and is replacing other nutritional options, like milk and fruit juices?

Type	Teaspoons/12 oz. soda
Diet Soda	.08 tsp.
Sprite	9 tsp.
Coke	9.32 tsp.
Pepsi	9.44 tsp.
Root Beer	9.77 tsp.
Mountain Dew	11 tsp.



Breastfeeding Corner **New Breastfeeding Services at WIC!**

WIC is happy to announce that we will have a breastfeeding peer counselor available to help new moms breastfeed their infants.

Our new breastfeeding peer counselor is Sarah Shober. Sarah has breastfed her own 3 children and is specially trained to answer questions and support breastfeeding. Sarah will be helping teach breastfeeding classes at WIC. She will also contact moms before baby is born to discuss any breastfeeding concerns. After baby is born, Sarah will be available to visit you in the hospital or at home.

To contact Sarah, call WIC at 929-3104.

FDL County Immunizations



March

8 (Mon.) 2:00-5:00, City-County Bldg.
11 (Thurs) 4:00-6:00, Waupun Hosp.
15 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Church
22 (Mon.) 4:00-6:00, City-County Bldg.
31 (Wed.) 4:00-6:00, Ripon High School

April

12 (Mon.) 2:00-5:00, City-County Bldg.
26 (Mon.) 4:00-6:00, City-County Bldg.

May

10 (Mon.) 2:00-5:00, City-County Bldg.
13 (Thurs.) 4:00-6:00, Waupun Hospital
17 (Mon.) 4:00-6:00, Mt. Calvary Holy Cross Church
24 (Mon.) 4:00-6:00, City-County Bldg.
26 (Wed.) 4:00-6:00, Ripon High School

June

14 (Mon.) 2:00-5:00, City-County Bldg.
28 (Mon.) 4:00-6:00, City-County Bldg.

A shot clinic is held in FDL **by appointment only on the last Wednesday of each month from 8:00-11:30 AM.** To make an appointment or if you have any other immunization questions, please call 929-3085.

